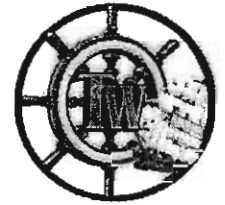




# Sub5 Track Club



Newsletter No. 2 - 2007

## President's Column

### Of Partnering & Membership

It's been a busy time since our last newsletter! I hope that your training is going well and you have made some goals for yourself this summer. But before we get the season underway, I'd like to especially recognize and thank a few of the businesses who sponsor and partner with us: TradeWinds Market Place; Lynx System Developers, Inc.; Epic Sports; Saucony; New Balance and Olympia Sports.

These businesses provide annual financial support to the Sub 5 Track Club or offer daily discounts to our active members as a club benefit.

They respect our club and our service to the local community. As Brad Ryder from Epic Sports puts it... "It's a win/win for both organizations". I applaud our sponsors and partners and encourage you as members to take the time and thank them when you have the next opportunity.

It is also important that we keep our membership up to date and active! If you already have renewed or have recently joined Sub 5, *Thank You and Welcome!* Here is why your active membership to Sub 5 is so vitally important. Your membership (\$10 for individuals and \$15 for families) provides much needed funding for RRCA insurance premiums, for the cost of producing the newsletter that is sent 5 times a year, for new clothing seed money, for scholarships to high school and college athletes...really and essentially for everything that we do! We have marked your newsletter if you are in need of renewing your membership for 2007. Please take some time now to check your status and help us continue to provide the services we have come to appreciate!

Good running to you. -- Ryan

## **New Leadership Takes Up Reins**

Members attending the Sub5 Annual Meeting, March 28th, endorsed a new slate of Board members for the 2007 year.

Then, as provided in the ByLaws, the new team voted among themselves, assigning and accepting responsibilities.

Sub5 leaders are: President, Ryan King; Vice President, Lara Rand; Secretary, Kathleen Bell; Treasurer, Peter Lodge; Membership Chair, Abra Lodge; Members at Large, Janie Smith and John Greany.

## **Experimental Discount Agreement Arranged with Epic Sports**

According to President Ryan King, a "pilot discount program" has been launched between Sub5 Club and Epic Sports.

Under this plan, all current members of Sub5 are eligible for a 10% discount off regular prices for non-running merchandise at Epic Sports. In addition, products that are running related, *i.e.*, athletic footwear, apparel, timing, are eligible for a 25% discount off regular price.

Epic Sports owner, Brad Ryder, says this discount may not be combined with other promotions, such as the Fall Roller Sale or other storewide sales.

To receive this discount, customers **must present their current Sub5 membership card**. There will not be any type of "list" of members.

Ryder says this experimental program will run for 6 months. After that the program will be evaluated and then considered for continuation or modification.

**EXTRA!!! EXTRA!!!**

### ***Sub5 Runners Star Again at Cape Breton***

An early report from the Cape Breton Trail Relay (by President Ryan King) indicates that Sub5 teams and individuals again made their mark on the Cape Breton Team Relay!

The Maine-iacs Team (Captained by Newell Lewey and co-chief Brian Hubbell) finished first overall for the 3rd consecutive year. The Maine Road Hags, captained by Janie Smith, finished 13th overall, with a faster overall time than last year. Hag Sheri Piers ran a Leg 14 Record. The Maine Running Fossils, captained by Denny Beers, finished 41st. Fossil Austin Townsend finished 3rd overall at Leg 10.

*Look for write-ups from participants in the next newsletter. Meanwhile, check out results posted on the Sub5 web site.*

# Running in New York

by Judd Esty-Kendall

**Sometimes its fun to run in a different place, and New York City is certainly different.** I've run there before, but only the NYC Marathon (starting line three times, finish line twice), two circuits of Central Park with a Maine-iacs teammate, and a few jogs with my brother on the sidewalk paths that start at the southern tip of Manhattan and go up the west side. So when I went to NYC for a quick family visit this February, I certainly didn't expect a focus on running.

Every winter NYC has the Millrose Games, the premier American indoor track meet, run at Madison Square Garden on a wooden board track, 11 laps to the mile. World indoor records are regularly set there, and many of our greatest middle distance runners have competed, including Nurmi, Cunningham, Keino, Salazaar, Bayi, and Eamonn Coghlan, who is called "Chairman of the Boards" because he won the Men's Miles 7 times. Mary Decker Slaney won her first Millrose race in 1974 at age 15 and her last in 1997 at 38. In 1988 Frank Shorter started the evening in the broadcast booth wearing a dinner jacket, but changed to shorts mid-way through and ran a 4:21 (3rd) in the Master's Mile.

This February was the 100th annual Millrose Games. My brother paid for the tickets and I bought dinner; foot long hot dogs and 2 beers each. We got to watch 40-year old Gail Devers win the 60M hurdles and Maurice Green fall on his face in the Men's 60M dash. Yelena Isinbayeva, already head and shoulders above her competitors, went for a world record in the Women's Pole Vault and nearly made it. Bernard Lagat ran a 3:54 mile on the tight track, pushed all the way by an Australian, and Tirunesh Dibaba from Ethiopia ran 8:46 in the women's 3,000 meters and won by 15 seconds with an electrifying last two laps.

Having seen the best there was on Friday, by Sunday morning I wanted to be all I could be, so my brother and I went to Central Park to run the Gridiron Classic 4-miler. This is not a particularly distinctive or famous race, its sole excuse for existence being that it comes on Superbowl Sunday and ordinarily features a football toss for kids, although there was no toss this time because it was very cold, perhaps 15 degrees with a biting wind. I wondered if they might get 500 people, as opposed to the perhaps 50 we might get for a small February race in Maine, so I was astonished to see hordes of people in the park dressed in various high tech outfits, looking ready to go (but not necessarily looking fast). There were so many runners, it was hard to find the starting line.

I then learned that this was to be NYRRC's first experiment with a "wave" or staggered start, intended to avoid congestion. They started us in groups of 500 every few minutes. To my untutored eye, this did not

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appear to actually relieve congestion. Competitors were supposed to self-seed in the correct "wave", but based on this race and on my experience in the NYC Marathon, I would say that New Yorkers are either mostly dishonest in this regard or delusional. My brother and I were in the 6th wave. We reached Mile 1 with 25 minutes already gone on the clock, by which time the winners had long since finished.

A mass start of 500 on a 1-lane road is bad enough (the other lane was cordoned off for whatever bikers or roller-bladers might be out on an arctic February morning, which was precisely none), but by the time we finally found running room, we caught the walkers from the 5th wave, and so on it went until, by my best estimation, we caught the walkers from wave 1 just before the finish. The course was an oval, and it felt like we were running in a circle of people with no beginning or end, like running 4 miles on the Millrose boards with thousands and completely losing count of who you have lapped and who has lapped you.

I checked the NYRRC web site when I got home. The Gridiron Classic had almost 4,500 finishers. I ran a 34 minute 4-miler, finishing 47th in my age group, with absolutely no clue during the race as to where I was in the pack. The winning men's time was about 20 minutes and the women's about 24. My best time ever at the 4-mile distance would have placed me 10th, which is oddly about the same place I generally remember getting 25 years ago in Southern Maine in 4-mile races of a few hundred entrants.

There is something wonderful about this many people running. When I started the sport in the mid-1960s with my high school teammate Dennis Fennell, when the Millrose Games were just over 50 years old, we never saw anyone else running on the road, not a single person, not ever, yet now, on a freez-

ing day in midwinter, Central Park had so many runners that the available road space was simply not enough. My own race may have been slow, in fact many people were slow, but it was a privilege to be outdoors competing, after a fashion, with 4,500 other people who were all trying their hardest to hold a pace and hit a time.

The greatest privilege of the weekend, however, came at the end of the Millrose Games, where by happenstance I was the one to run the very last lap of the evening on that strange wooden track in Madison Square Garden. Finishlynx did the timing at Millrose, and the timer was none other than Giles Norton, former Orono area runner and winner of many Maine races. When the meet was over, I caught Giles' eye and he got me down onto the track.

I had an old pair of trainers on, and he said,  
"If I was on this track at this time of night  
and had on a pair of running shoes,  
I would run a lap."

So off I went, negotiating the tight turns that give and bounce under each stride, hitting each short straightaway where in a race you have to put on explosive speed to pass, with no one else around me, *and for one bright moment, I was the Chairman of the Boards.*

### Track Workouts Underway

Sub5 Club Summer Track workouts, led by Coach Buck Rand, resume Wednesday, May 30th. Startup time is 6 p.m. Location is the Pendleton Street track in Brewer. (A location change may be necessary at some point in the summer due to repair work expected at the track.)

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## On the Run with Saucony

On Sunday, May 13<sup>th</sup>, after a 6-year break, the Saucony 5K Road Race was finally resurrected. (The race had been an annual event from 1996-2001.) We were fortunate to have a beautiful, sunny day, and a very good turnout (125 people participated). Here are some news and notes from race day:

- In a race that traditionally featured many more male participants than females, the roles were reversed (fittingly) on this Mother's Day 5k. Seventy of the 125 participants (56%) were female.
- The top 5 male runners were Joseph Capehart (27) at 17:10, Joseph Legee (20) 17:23, Evan Piccirillo (15) 18:36, Drew Gelinias (37) 19:07, and Jeff Sands (39) 19:30.
- The top 5 female runners were Kristen Bailey (32) at 20:21, Katrina Bisheimer (41) 20:39, Samantha Matoush (31) 21:19, Courtney Rice (32) 21:31, and Linda Mountain (46) 21:55.
- The Peckenham family enjoyed tremendous success, with all five participants winning prizes in their respected age groups. John, Caroline, and Sally each won their divisions, while James and Phoebe both finished 2<sup>nd</sup> in theirs. Great job!

(Full results are at the Saucony store and at Sub5's website [sub5.com](http://sub5.com))

● *A special thank you* to Mr. President, Ryan King, who not only timed the race, but helped out in various other areas as well (set-up, answering my hundreds of "last minute" questions, and basically saving me from pulling my hair out!). Hopefully we can get you out on the course next year. *Thanks* to Kay Storch as well, who saved us on race day by lending a hand with the registration and timing.

● *A sincere thank you* to all who participated and/or helped out with the Saucony 5k. I hope it is even bigger and better in 2008!

*Thanks again to all!*  
Jeremy Durost, Saucony Manager/Race Director

## From the Cauldron

### Tomato Corn Salsa

from Moosewood Restaurant  
Low-Fat Favorites (1996)

1 cup fresh or frozen corn kernels  
2 cups diced tomatoes  
2 Tablespoons diced red onions  
1/4 cup diced green bell peppers  
1 Tablespoon chopped fresh basil  
1/2 to 1 fresh green chili, minced  
1 Tablespoon fresh lime juice  
1 teaspoon cider vinegar

Blanch the corn in boiling water to cover 1 to 2 minutes, until tender. Drain. In large bowl, combine all of the ingredients and set aside for 15 to 20 to allow flavors to develop. Add salt, and serve at room temperature. Makes 3 and 1/2 cups.

Can be served on chili, burgers, fajitas, beans and rice, or chips and crudites. I love this together with low-fat cottage cheese for lunch.

*Enjoy! Anna Perna*

## Shoestrings & Sweatbands

*by Dottie Laber, Editor*

Kudos to Jan Pilotte for reviving Bangor's all-women's 5K--the Run for the Fun of It--this spring. Hopes are high for increased participation next year.

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"A tip of the hat" to Erin Brennan who was overall female winner of the Ironbear Triathlon at Brunswick. She turned around and two weeks later finished first in her age group in the Sugarloaf 15K.

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Remember to listen in to Skip Howard's Wednesday morning Road Racing News Reports on WZON! Tune in at 6:40a.m. on 62AM!

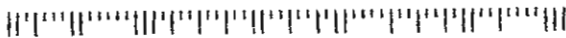
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Join in the informal Monday evening runs in Bangor that start--and finish--at the Sea Dog! Meet up time is 6 o'clock.

~ ~ ~

Many thanks to contributors to this issue, who include: Ryan King, Anna Perna, Judd Esty-Kendall, and Jeremy Durost.

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**Please Renew Your Membership Today!!**